



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006



www.crotononhudson-ny.gov/recreation-parks
WINTER 2022 / ADULT PROGRAM

Yoga, Renew & Restore

Do you feel stressed? Out of balance? Out of alignment?

Join instructor Meredith for Renew & Restore Yoga.

We will explore how we stand, how our bodies move through different postures, as well as breathwork. Class will end with guided meditation. Relieve tension, improve balance, increase flexibility and quiet the mind. A perfect way to start the new year.

Gentle yoga is designed for students of all levels.

(Dress comfortably, bring a yoga mat, water bottle, strap and firm cushion)

YOGA: Renew & Restore

NEW Dates: Tuesdays, beginning January 25 for 10 sessions

Time: 6:30 - 7:30 PM

Location: Municipal Building, Recreation Conference Room

Fee: \$150.00 Village residents / \$175.00 School dis/non-res

Registration Deadline: January 18

Instructor: Meredith Kramer, RYT

500 Advanced Teacher of Therapeutic Yoga

Act# 2095 Sec 3



WINTER 2022 * Yoga, Renew & Restore * Act # 2095 Sec 3

Amount: \$150 Village Resident / \$175 School District / Non-Resident
(Checks Payable "Village of Croton")

Online Registration: www.crotononhudson-ny.gov/recreation-parks

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____